normalize verb

nor·mal·ize ˈnȯr-mə-ˌlīz

normalized; normalizing; normalizes

Synonyms of *normalize* >

transitive verb

1 : to make (something) conform to or reduce (something) to a norm or standard

... a standard written language that by 1776 had become *normalized* in grammar, spelling, and pronunciation.

– E. D. Hirsch, Jr.

2 **mathematics** : to make (something) normal (as by a transformation of variables)

3 : to bring or restore to a normal condition

normalize relations between two countries

... soluble fibers that help to *normalize* blood sugar.

– Jane E. Brody

4 : to allow or encourage (something considered extreme or taboo) to become viewed as normal

Let's *normalize* real talk around mental health.

– Cynthia Fowler

... helping to *normalize* bullying and negative behaviors as acceptable forms of interaction ...

formalize
homogenize
regularize
standardize

See all Synonyms & Antonyms in Thesaurus ›

The drug ***normalizes*** heart function.

The talks are aimed at ***normalizing*** relations between the countries.

To prevent ***normalizing*** this potentially harmful behavior, parents can instill good habits in their kids' daily routines.

– Dr. Shannon Fox-Levine, *Sun Sentinel*, 18 June 2024

But Henson's goal is to ***normalize*** seeking support when it's needed.

– Anna Halkidis, *Parents*, 18 June 2024

But while most of the series shows the fraught relationship between Carmichael and his mother — and the resilient but seemingly hopeless effort to ***normalize*** relations between Carmichael's parents and his boyfriend — there is a glimmer of optimism at the end.

– Ethan Shanfeld, *Variety*, 15 June 2024

But attempting to ***normalizing*** ties with Azerbaijan has stoked discontent at home, as protesters have accused Pashinyan of making unacceptable land concessions to Aliyev.

– Christian Edwards, *CNN*, 13 June 2024

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First Known Use

1847, in the meaning defined at sense 3

Time Traveler

The first known use of *normalize* was in 1847

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The New 'Normalize'

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normalize verb

nor·mal·ize ˈnȯr-mə-ˌlīz

normalized; normalizing

: to make normal or average

ˌnȯr-mə-lə-ˈzā-shən **noun**

normalize transitive verb

nor·mal·ize

noun

variants *or British* **normalisation** ˌnȯr-mə-lə-ˈzā-shən

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